

COLA Policies and Procedures:

Practice Cancellations- If practice is cancelled you will be notified via email and phone. Also, practice cancellations will be posted on the website.

Holiday Practice- During holidays or anytime swimmers are out of school, we will make a holiday practice schedule. This will be posted at the pool, on the web, and emailed out one week prior to the scheduled holiday.

Talking to the Coach during practice- We ask that you do not approach our coaches while they are on deck coaching. If you need to speak to one of them or have a question you may do it after practice when all swimmers have cleared the deck area or you may call us at 298-7707 or email at colaswim@yahoo.com.

Talking to the Swimmer during Practice:

We also ask that you do not talk to your swimmer during practice. Let the coach deal with the swimmer during practice. You have to show your trust of the coach to help instill trust in the swimmer for the coach. If the coach needs you to intervene they will get you. For some younger swimmers it may be best to leave during practice. During practice please sit in the bleachers away from the pool.

Billing- Bills are mailed out monthly at the beginning of each month. We ask that all bills are paid by the 25th of that month. Payments can be dropped at the pool or mailed to the COLA address. If you have any questions about billing please feel free to call or email. If for any reason you decide you are not going to do COLA for a month we can make your account inactive and then activate it when you decide to return. We ask that you let us know in writing before the 1st of the month you are taking a break. Otherwise, you will be billed and will be responsible for your bill payment.

USS Registration- USS Registration takes place each December and is currently \$54 dollars per swimmer. This gives you your membership to USS swimming and provides insurance for you to be in practices and meets. ALL COLA SWIMMERS MUST BE USS REGISTERED!

Meets- The meet schedule will be posted at the pool as well as be on the web by mid October each year. Meets are listed and specified by groups so you will know what meets are for your swimmer to attend. Meet Sign-up Deadlines are also listed. You can sign your swimmer up via email or at the pool with your coach. Once a swimmer is signed up they are responsible for their meet fees, which will be billed to them on their monthly billing statement.

Any Questions- Always know that we are here and want to keep the lines of communication open with our swimmers and parents. Please feel free to contact us via phone, or email if you have any questions or concerns. You can also make an appointment to speak with a coach if need be.

